



## **EAGLES FLASH!!!**

January 1997

**Happy New Year!** Any rough spots of the past are behind us. We have a whole new future ahead. Let's make the most of it!

Some suggestions:

- ❖ Be thankful for the gift of life.
- ❖ Devote time to continuing friendships and making new ones.
- ❖ Discover anew the beauty that is all around us.
- ❖ Energize ourselves to be creative.
- ❖ Find a way to contribute to something larger than ourselves.
- ❖ Take good care of our very fragile vessel of flesh and bone!
- ❖ Add to this list, or delete from it, as *you* see fit! You have the power!!

The whole purpose of the *EAGLES* is to provide a forum for seniors to share some of themselves with one another and by so doing enrich one another's lives. It has been a major goal to include both men and women in all our activities. Believe it or not, we need one another!

**FLASH! The Sacramento Women's Chorus's 10th Anniversary Dinner and Concert** is set for **Saturday, March 1st, 6:30 PM** at **St. Ignatius Parish Center** 3235 Arden Way. Advance tickets are only \$10 at the Gifted Gardener and will be available there until Feb 24th. Or you can get them by calling 481-3224. Or at the door for \$15, assuming they're not sold out!

We have to thank all of you who have opened your homes to the group for our monthly potlucks. In December, it was **Bob Kelly** who hosted over 20 of us on a truly "dark and stormy night". His

place is full of memorabilia, a clown collection, and critters (dogs, all of them locked up out of harms way, except for the very smallest which was very polite and a charmer). He is a wonderful host. Those of you who did not make it missed a good time.

The California Hall of Flowers has published its calendar of activities. On **March 22nd** they sponsor another trip to and tour of Filoli Mansion. For further information call 973-1826.

### **COMING EVENTS**

**POTLUCK, January 8th, 6:30 PM** **Lambda Center**. If it's the second Wednesday of the month it's potluck time!!! Each month! Every month! Hoorah! Bring your special dish of the day & join us..(buy something from the store or deli if you must). The important thing is to be there. (Al Sims will be on round the world cruise, swan song of a noble British ship, in the Mediterranean on that particular day, no doubt dining at the captain's table, but promises to think of us).

**MONTHLY SOCIAL, January 22nd, 6:30 PM, Lambda Center**. We will have light refreshments, table games and a chance to visit...we just want to keep up on what's happening and have a chance to meet similarly minded people! The fourth Wednesday of every month.

**WALKING GROUP, every Saturday, 10 AM**. We meet at **SARTI 'S** parking lot, on Richards Blvd, just off I-5, near the entrance to Discovery Park (currently under water, lots of it). We stroll along the levee into Old Sacramento. Call Larry at 991-2420 for info & encouragement.

**Jayne Rountree Library  
Lambda Community Center  
Sacramento, CA**